

Eyes give away the body's state of health

The eyes can be a mirror to the body's condition, if you know what to look for. **EU HOOI KHAW** finds out about nerve rings, radii solaris, sodium rings, lymphatic rosaries and other tell-tale signs at an iridology course conducted by Dr Janet Stetser in Kuala Lumpur recently.

IRIDOLOGIST Dr Janet Stetser has an interesting story to tell of a flight she once took from Chicago back home to Maine, United States. Her piercing gaze took the press of the air stewardesses on the plane and she discovered that every one of them had a scarlet rim (dark lines) at the periphery of the iris which shows the skin is not eliminating toxins and cleansing properly.

She traced it to the fact that they had been wearing nylon stockings from eight to 14 hours a day. "The stockings were not allowing the skin to breathe," she says. In Singapore recently, she saw the same scarlet rim on the shoulder area of the iris on a man. He had been wearing nylon slacks. "If you have air-conditioning or work in a polluted environment, it will also show. The skin is one of the organs of elimination. If you find the scarlet rim on the inside of the iris near the nose area, it could be that the bowels or the kidneys need to be cleansed."

Stetser, who is also a nutritionist, foot reflexologist and hypnotherapist, studied iridology under Dr Bernard Jensen, who has been acknowledged as the father of iridology in the US. He is still around at 84, says Stetser. Jensen's comprehensive iridology chart is widely used by experts now.

The conducted iridology classes in Kuala Lumpur recently, attended by foot reflexologists, a nurse and even a doctor. Participants were kept busy shining a light from the ear into the eye (so as not to damage the retina) and learning about nerve rings, radii solaris, sodium rings, lymphatic rosaries, lesions, lacunae and crypts,

among other things. In the iris, nervous tension is revealed in nerve rings or neurovascular cramp rings which are formed by a backing of the iris fibres. If they look really tight and jumping out of the iris, it shows you are very tense.

A sodium ring — yellow or white — means the person has a sodium or cholesterol problem. "If it is a white ring, he's taking in salt and retaining it. He does not have good circulation and his body can't get cleansed," says Stetser.

"If it has a yellow tint, it is cholesterol. The different productions of colour are still being studied." When the ring is on the upper part of the eye, it is more likely to be cholesterol in the brain area, causing poor memory.

Radii solaris are elongated and darkened lines that branch out like spokes on a wheel, often beginning at the autonomic nerve wreath. It shows a toxic, slow-moving bowel.

Nutrition is one of the major aspects of iridology. On each of the iridology charts developed by Jensen, we turned over to a nutrition chart that advises what vitamins, herbs and minerals are good for which organs, bones and joints, lymph system, muscles, nails and nerves.

For instance, for the lungs and bronchials, vitamins A, B, C and D are prescribed together with calcium, copper, fluorine and iron and silicon. The herbs for the lungs are comfrey, lungwort, anemone, elecampane, eucalyptus, fenugreek, licorice, marshmallow, mullein, sage and thyme.

Iridologist could also tell at once if you see a very thin orange red ring, it means you have difficulty with absorption," says Stetser. "If you don't drink enough water to break down sugar and foods that you have consumed, the condition manifests itself on the iris in the fibres constricting frequently.

An iridologist could also tell at once if you see a closed lesion at six o'clock, it indicates a problem on the hip, knee or foot depending on the area in the iris. A lot of people have leg problems from walking on concrete," says Stetser. "It doesn't mean that it's degenerative but it shows a weakness."

At 12 o'clock, which is the top of the iris (north as it were), if there is a dark soot area (see chart), a person could be suicidal. "I have asked some patients who had had this whether they had contemplated suicide and they said 'yes'."



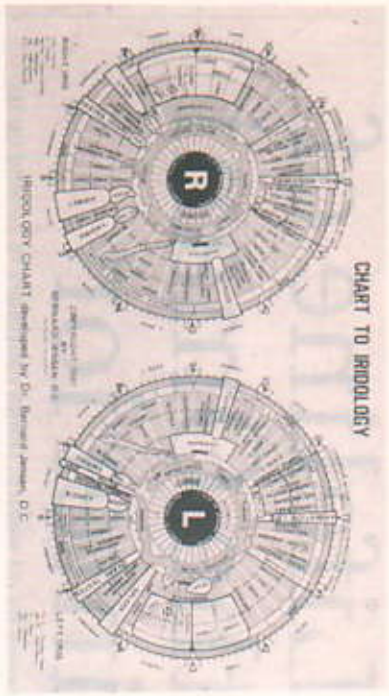
Stetser (centre) conducting an iridology class in Kuala Lumpur recently

Those with AIDS have candidiasis or yeast overgrowth. Once this happens, the body becomes weakened. I tell them to take three times the recommended amount of adrophilus for a month and then go on to the recommended amount. It takes a long time to get the adrophilus and the supplements absorbed once the cleansing is over." As for potassium, "it is necessary to get oxygen into the system to metabolise sugars and fats and keep a balance. It's water soluble and is excreted through the system."

Back in her treatment centre in Maine, she has been treating an AIDS patient for the past three years. Past patients who had come to her "had a better quality of life. They were happier, healthier and not in so much pain." She has a cleansing bath which eliminates toxins through the skin. She cites Hering's law that she says "you heal from the inside out, from the top down and from how you are now and back in time."

"As you cleanse, the brain feels better and as time goes on, the rest of the body does too."

The same treatment would apply to cancer patients, she says. "If there is some way they can think happy thoughts, it will help



The iridology chart developed by Dr Jensen, who pioneered iridology in the US Science of analysing the delicate structures of the iris

THE eye is the window to the soul, but do we know it is also the mirror to the body? Iridology is the science of analysing the delicate structures of the iris of the eye, the portion of it that carries the colour.

Under a magnifying glass, the iris reveals its code in the character of the individual fibres on it. It provides an insight into the state of a person's health, showing up weaknesses or strengths in the body organs and tissues.

The iris is connected to every organ and tissue of the body by way of the brain and nervous system. The nerve fibres in the iris respond to changes in the body by manifesting a reflex physiology corresponding to specific tissue changes and locations.

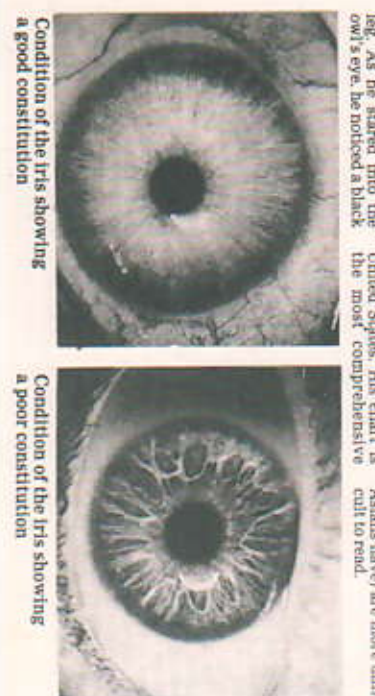
It all began in the early 1890s with an 11-year-old Hungarian boy named Ignatz Von Peczely who caught an owl in his garden. In the struggle with the owl, he accidentally broke its leg. As he stared into the owl's eye, he noticed a black

stripe rising in its eye. He pursued the owl back to health. In doing so he observed the appearance of white and crooked lines in the bird's eye, where the black stripe had been.

Gradually the black stripe turned into a tiny black spot surrounded by white lines and shading. Von Peczely never forgot the owl. When he grew up and became a doctor, he observed the irises of patients after accidents and before and after surgery, and noticed the changes coinciding with their injuries, surgery or illnesses.

He then became certain of the iris recording the tissue changes of the various organs. He created the first iridology chart of the iris based on his findings.

Scientists and doctors have since researched iridology, revising and improving the iris chart. Among them has been Dr Bernard Jensen who pioneered the science of iridology in the United States. His chart is the most comprehensive



Condition of the iris showing a good constitution

Condition of the iris showing a poor constitution

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